

Brighter weather will lead to higher pollen counts

18 June 2011 - The recent unsettled weather has kept pollen levels much lower than normal for the time of year. However, this week the weather is expected to be drier, brighter and a little more settled than recent weeks and as a result we expect to see a rise in the amount of pollen.



The recent unsettled weather has kept pollen levels much lower than normal for the time of year. However, this week the weather is expected to be drier, brighter and a little more settled than recent weeks and as a result we expect to see a rise in the amount of pollen.

Pollen levels, which are mostly from grass pollen at this time of year, could reach high or even very high in central and some southern areas.

People with hay fever should keep up to date with the pollen forecast this week, which is available on the Met office website and is sponsored by Benadryl's Social Pollen Count ®. The pollen forecast uses our latest weather forecast information and combines this with pollen readings from across the UK.

There are millions of hay fever sufferers across the UK, and the Met Office forecasts provide vital information to help reduce the impact pollen has on their health.

Health Manager at the Met Office, Patrick Sachon said: "Following the rain we saw in April and the rain over the last few weeks, grass has grown well, more than last year, when it was much drier. This is therefore expected to cause higher levels of grass pollen than last year.

"The Met Office forecast for the next couple of days is for the UK to be drier and a little more settled than of late in most areas. Occasional showers are likely but with plenty of bright or sunny spells and temperatures in the high teens or low twenties in some parts. This will lead to much higher pollen counts than in recent weeks. This means that those who suffer from hay fever will need to keep an eye on the pollen count over the next few days."

 [The Met Office Pollen Forecast transcript \(PDF, 90 kB\)](#)

The **Pollen forecast** is part of the wide range of weather-related services offered by the Met Office, which also include the UV index and Heat Health watch.

Find out more about the Met Office pollen forecast.

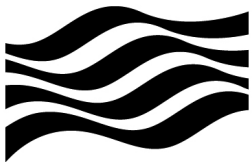
Contact information

Met Office Press Office: **+44 (0)1392 886655**

E-mail: [Press Office](#)

Met Office Customer Centre: **01392 885680**

If you're outside the UK: **+44 1392 885680**



Met Office

Pollen Forecast

Yolanda Clewlow
UK Pollen Network Manager

If you suffer from hay fever you'll understand just how important the pollen forecast is. We now produce the pollen forecast here at the Met Office as part of our service to the public. We produce the forecast using current pollen data collected from around the UK, which is mainly species type and number, we also factor in current weather information. You can access a lot more information on our website, where you can use our daily pollen forecast to plan your activities and better manage your condition.

Did you know?

Many people who are allergic to Birch pollen can also have an associated allergic reaction to certain fruit and nuts, for example apples.

It's thought that around 15-20% of the population suffer with hay fever and many more may be undiagnosed. There's around 4 million sick days taken a year and this is set to become more significant as hay fever rates increase with climate change.

Did you know?

Cities have lower pollen counts than rural areas but higher rates of hay fever. Pollution stressed trees and plants causing them to release smaller, more allergenic pollen as well as worsening the reaction of sufferers.

Pollen is collected from a number of sites around the UK using a trap such as this one here at the Met Office in Devon. There can be up to a 4 week lag between the start of the season down here in the south and the start of the season further north. Local land features can have a bearing on local pollen count as well, for example coastal counts can vary greatly from those further in land. The best way to manage your condition is to monitor the forecast and avoid exposure on high count days. For some other useful tips and useful links, please go to our website.